

Bentley Wood High School

Lunch Menu: 3 Week Cycle - April to October 2022

Lunch Menu - Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Special	Chicken Meatballs in Tagine Sauce with Wholegrain Rice	Lamb Kheema Curry with Wholegrain Rice	Lemon and Garlic Chicken Thigh with Seasoned Potatoes and Gravy	Lamb Lasagne	Battered Fish with Fries and Tomato Ketchup
Vegetarian Option <i>Reinventing veggie favourites</i>	Macaroni Cheese	Vegetable Chilli served with Wholegrain Rice	Butternut Squash, Sweet Potato and Lentil Roast with Seasoned Potatoes and Gravy	Vegetable Lasagne	Chickpea and Roast Vegetable Couscous
Eat The Street <i>Our street chic style of kerb side cuisine</i>	Greek Chicken Wings	Cheese and Spring Onion Sub	Sweet Chilli Hot Dog	Hoisin Mushroom Bao Bun	Haloumi Gyro
Jacket Potato Option	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise
Veg of the Day	Vegetable Medley and Sweetcorn	Peas and Broccoli	Green Cabbage & Carrots	Broccoli & Roast Mediterranean Vegetables	Peas and Baked Beans
Just Dessert <i>Desserts, cakes & bakes</i>	Apple & Cinnamon Crumble with custard	Berry Muffin Traybake	Jam Tart with Custard	Pear and Chocolate Sponge with Custard	Lemon & Courgette Cake

Week Commencing: 18th April, 9th May, 20th June, 11th July, 12th September, 3rd October

Lunch Menu - Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Special	Southern Coasted Crispy Chicken with Garlic and Paprika Wedges	Pasta Bolognese	Roast Turkey with Seasoned Potatoes and Gravy	Chicken Jalfrezi with Wholegrain Rice	Battered Fish with Fries and Tomato Ketchup
Vegetarian Option <i>Reinventing veggie favourites</i>	Chickpea & Butternut Rogan Josh served with Wholegrain Rice	Vegetarian Bolognese	Cheese and Onion Wholemeal Quiche with Seasoned Potatoes	Neapolitan Pasta Bake	Vege Bean Burger with Fries and Tomato Ketchup
Eat The Street <i>Our street chic style of kerb side cuisine</i>	Hoisin Vegetarian Strip Bao Bun	Mumbai Chicken Bowl	Pizza Hot Dog	Haloumi and Garlic Sub	Roast Vegetable and Cheese Sub
Jacket Potato Option	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise
Veg of the Day	Sweetcorn & Green Beans	Peas & Honey Glazed Carrots	Wilted Greens & Parsnips	Cauliflower & Carrots	Peas and Baked Beans
Just Dessert <i>Desserts, cakes & bakes</i>	Apple Pie with Vanilla Custard	Fruit Falpjack	Americans Style Pancakes with Spiced Apple Topping	Peach Crumble & Custard	Chocolate Sponge with Chocolate Custard

Week Commencing: 25th April, 16th May, 6th June, 27th June, 18th July, 19th September, 10th October

Lunch Menu - Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Special	BBQ Chicken with Pasta	Shepherds Pie	Lemon and Garlic Chicken Thigh with Seasoned Potatoes and Gravy	Lamb Chilli Con Carne with Wholegrain Rice	Breaded Fish with Fries and Tomato Ketchup
Vegetarian Option <i>Reinventing veggie favourites</i>	Quorn Sausage with Mashed Potato and Gravy	Quorn Shepherdess Pie	Roast Vegetable Tart	Sweet Chilli Vegetarian Strips with Wholegrain Rice	Falafel and Rice Shwarma
Eat The Street <i>Our street chic style of kerb side cuisine</i>	Honey and Ginger Vegetarian Strips in a Bao Bun	BBQ Chicken Bao Bun	Haloumi Souvlaki	The American Hot Dog	Chicken and Cheese Sub
Jacket Potato Option	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise
Veg of the Day	Carrots & Broccoli	Vegetable Medley and Sweetcorn	Roasted Vegetables & Spinach	Green Beans & Carrots	Peas and Baked Beans
Just Dessert <i>Desserts, cakes & bakes</i>	Pineapple Upside Down Cake with Custard	Apple Pie with Custard	Lemon Drizzle Cake	Pear Crumble with Custard	Plant Based Chocolate Brownie

Week Commencing: 2nd May, 23rd May, 13th June, 4th July, 5th September, 26th September, 17th October

Jacket Potato with a variety of fillings and a selection of salads and fresh fruits will be available on a daily basis.

Full recipe and allergen information is available for all dishes within the dining area and at point of sale.

Please do ask a member of the catering team if you require any further information